



Full Report (All Nutrients) 09407, Peach nectar, canned, with added ascorbic acid

Report Date: June 30, 2017 19:45 EDT

Nutrient values and weights are for edible portion

Food Group : Fruits and Fruit Juices

Carbohydrate Factor: 3.79 Fat Factor: 8.37 Protein Factor: 3.36 Nitrogen to Protein Conversion Factor: 6.25

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup 249g	1 fl oz 31.1g
Proximates						
Water	g	85.64	5	0.107	213.24	26.6
Energy	kcal	54	--	--	134	1
Energy	kJ	226	--	--	563	7
Protein	g	0.27	5	0.025	0.67	0.0
Total lipid (fat)	g	0.02	5	0.015	0.05	0.0
Ash	g	0.15	5	0.016	0.37	0.0
Carbohydrate, by difference	g	13.92	--	--	34.66	4.3
Fiber, total dietary	g	0.6	--	--	1.5	0
Sugars, total	g	12.35	--	--	30.75	3.8
Minerals						
Calcium, Ca	mg	5	5	0.495	12	
Iron, Fe	mg	0.19	5	0.037	0.47	0.0
Magnesium, Mg	mg	4	4	0.213	10	
Phosphorus, P	mg	6	4	0.288	15	
Potassium, K	mg	40	4	3.228	100	1
Sodium, Na	mg	7	4	0.607	17	
Zinc, Zn	mg	0.08	4	0.022	0.20	0.0
Copper, Cu	mg	0.069	4	0.008	0.172	0.02
Manganese, Mn	mg	0.019	--	--	0.047	0.00
Selenium, Se	µg	0.2	--	--	0.5	0
Fluoride, F ¹ ₂	µg	11.9	11	2.255	29.6	3

Vitamins

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup 249g	1 fl oz 31.1g
Vitamin C, total ascorbic acid	mg	17.6	--	--	43.8	5.5
Thiamin	mg	0.003	49	0.000	0.007	0.001
Riboflavin	mg	0.014	49	0.000	0.035	0.004
Niacin	mg	0.288	50	0.008	0.717	0.090
Pantothenic acid	mg	0.068	--	--	0.169	0.021
Vitamin B-6	mg	0.007	--	--	0.017	0.002
Folate, total	µg	1	--	--	2	0
Folic acid	µg	0	--	--	0	0
Folate, food	µg	1	--	--	2	0
Folate, DFE	µg	1	--	--	2	0
Vitamin B-12	µg	0.00	--	--	0.00	0.00
Vitamin A, RAE	µg	13	4	4.699	32	4
Retinol	µg	0	--	--	0	0
Vitamin A, IU	IU	258	4	93.980	642	80
Vitamin D (D2 + D3)	µg	0.0	--	--	0.0	0.0
Vitamin D	IU	0	--	--	0	0
Lipids						
Fatty acids, total saturated	g	0.002	--	--	0.005	0.001
16:0	g	0.002	--	--	0.005	0.001
Fatty acids, total monounsaturated	g	0.008	--	--	0.020	0.002
18:1 undifferentiated	g	0.008	--	--	0.020	0.002
Fatty acids, total polyunsaturated	g	0.011	--	--	0.027	0.003
18:2 undifferentiated	g	0.010	--	--	0.025	0.003
Fatty acids, total trans	g	0.000	--	--	0.000	0.000
Cholesterol	mg	0	--	--	0	0
Amino Acids						
Other						
Sources of Data						
¹ A. Kingman Unpublished data. NIDR/NIH, 1984, 1984 Unpublished data. NIDR/NIH, 1984.						
² Steven Levy Fluoride data on infant foods and beverages, 2003 unpublished Fluoride data from Dr. Steven Levy, University of Iowa						